

Registration deadline for the Feb. 8 American College Test, (ACT), is Jan. 6.

ESSENCE

Vol. 6 No. 4

Cardinal Stritch High School

Oregon, Ohio 43616

Juniors will order rings on Friday, Jan. 31. At least half of their tuition must be paid by this time.

Friday, December 20, 1968

Dominique, Harvey competing tomorrow

Denise Dominique and Joyce Harvey, seniors, are among the 25 semi-finalists for the Northwest Ohio Junior Miss Contest. Final competition will be tomorrow at 12:30 at Lasalle's seventh floor auditorium.

The girls will be judged on talent, physical fitness, poise and appearance, and mental alertness.

Both Miss Dominique and Miss Harvey have decided to do dramatic readings.

Miss Dominique, who is Student Council Easter Lily chairman, president of National Honor Society, president of Paramedical Careers Club, a member of French club, and treasurer of her 4-H club will do her reading on horses.

Miss Harvey, who is the secretary of the Senior Class, treasurer of the National Honor Society, SC sportmanship chairman, and news editor of *Essence*, will do a humorous monologue called "The Boy Friend."

This will be the girls' second time in competition. After completing an application form, the girls had to submit a photo, a copy of the high school transcript, and a letter from Msgr. Michael Walz, principal, stating that they were in good standing and will graduate in the spring of 1969.

Six Stritch seniors visited four area high schools Dec. 3 as part of a student exchange program sponsored by Toledo Area Student Council.

Sue Snyder visited Waite, Joyce Harvey visited Clay, and Pat Flanagan and Denise Dominique exchanged with Mason in Erie, Mich. Peter Bruenger and Mark Gaiffe went to Macomber.

Commenting, Sue Snyder said, "By spending a day at Waite, my whole impression of the school was changed. The kids were great and it was really interesting to see how different one of their school days is from ours. The exchange offers a good chance to see the good and bad points of a different school and to realize some of the good and bad points of your own."

Joyce Harvey: "I now have a greater appreciation of Clay which I didn't have before. The students were really great and made me feel right at home."

In general the five students that visited from Waite, Clay, Mason, and Macomber were very much impressed with Stritch as a whole. They mentioned the attentiveness of the students in class and the uniqueness of Stritch.

For sale: fifty room school



Everyone should have a chance to buy a school on credit. It seems Dave Grosjean, Student Council president, agrees as Msgr. Michael Walz, principal, seals the bargain with a handshake. Grosjean, completing the transaction with his BankAmericard presents just another example of buying on teen credit. Seriously though, the sign is just a joke placed there by someone obviously not from Stritch. After all, no one in the Stritch family would want to sell the school. Or would they? Incidentally, Zachman Realtors did receive some inquiries.

Season concert to feature Glee Club, band, quartets

Featuring two vocal solos, four instrumental ensembles, the band, and the Glee Club, the Stritch music department will present its annual Christmas concert this afternoon at 1 p.m.

Peter Bruenger, senior German exchange student, will sing "Silent Night" in his native language. Carol Moore, also a senior, will sing "Toyland."

The four ensembles are string,



The string quartet, which will perform in the Christmas concert today, practices here. Members are (L-R) Leslie Dalton, violinist, Carolyn Meng, violinist, Gary Brown, cellist from Waite, and Peter Bruenger, viola.

TEC provides the questions, forces teen to find answers

What is it?

What's it for?

What do you do?

These are some of the questions that a lot of kids have been asking lately concerning TEC.

If you haven't gotten any answers, or if you haven't really understood the answers that you have been given, it's because TEC is something you have to experience to understand.

TEC means "teenagers encounter Christ." Under the guidance and

TEC Schedule

TEC No. 8	Jan. 11	Boys
TEC No. 9	Feb. 1	Girls
TEC No. 10	Feb. 8	Boys
TEC No. 11	Feb. 15	Girls
TEC No. 12	Mar. 15	Boys
TEC No. 13	Apr. 12	Girls
TEC No. 14	May 17	Boys

direction of many priests and lay people, that is exactly what happens.

The main theme of TEC is "to die, to rise, and to go." This means to die to your old self or at least realize your faults; to rise to a better person with Christ; to try to overcome your faults and to go out with Him for others to see.

TEC takes place at Our Lady of Consolation Retreat Center in Carey, Ohio. Only high school seniors are allowed to make a TEC. There is a fee of \$20, but if this is a

BY THE WAY

Dec. 20	Christmas Assembly
	1:00
	Wrestling CIT
	Vacation Begins
21	BB Central
	Wrestling CIT
27	BB Waite
	Wrestling Whitmer
28	Tourn.
	Wrestling Whitmer
	Tourn.
Jan. 4	BB at Genoa
5	Wrestling St. John
	3:00
6	Classes Resume
7	SC Pr. 6 131
	Wrestling at Clay
	3:30

problem other arrangements can be made.

TEC begins with registration on Saturday mornings at 10, and continues until Monday evening at 6.

News briefs

Biretta card party planned; book production begins

The traditional Biretta Club Christmas party and Sister's shower took place at the Dec. 19 meeting. The Stritch Glee Club provided entertainment. St. Ignatius parish women were hostesses.

To formulate the final plans for the card party, Jan. 19, the executive committee met Dec. 11.

The yearbook doesn't enter the minds of most people until April or May, but in the journalism department now is the time for the staff to begin production.

By Jan. 10, 51 pages must be completed and delivered to Consolidated Graphic Arts (CGA) Corporation. The introduction, class pictures, faculty, senior index, and football section will comprise the first deadline.

The cover has been sent in, and bears no resemblance to past years.

Mr. Douglas Bynum is *Existence*'s representative to CGA.

Silver Christmas trees, snowflakes, and red and green streamers decorated the cafeteria for the freshman dance, "Winter Frolic," Dec. 5.

At a raffle during the break, Pat Howard won a stuffed animal and Carl Zellner won a football.

woodwind, brass, and saxophone quartets.

The string quartet will perform "O Sanctissima" and "The First Noel."

The woodwinds will present "Bring a Torch, Jeanette Isabella" and will provide the background for Bruenger's solo.

The brass quartet will play "Coventry Carol" and "Good King Wenceslas."

Four musical settings for "Away in a Manger" will be played by the saxophones.

The band will begin the concert with four chorales and then proceed with "March of the Kings." They will also play "Christmas Triptych," "Here Comes Santa Claus," and "A Christmas March," four melodies arranged by Mr. Robert Stevens, music department head.

Selections to be performed by the Glee Club include "Born, Born in Bethlehem" (a carol in the style of a Negro spiritual), "A Star Is Moving Through the Sky," "As I Sat Under a Sycamore Tree," (a madrigal), "The Holly and the Ivy," and "A Child's Carol," which was written by a woman from Moncloe, Ohio.

Jean Sheehy, junior, and Chris Weber, sophomore, have solo parts in "O'er the Solemn Hush of Midnight."

Band and Glee Club will join for "Hodie Christus Natus Est" and a Christmas sing-along.

The department presented the same program for the public, last Tuesday evening in the auditorium.

Pep club spirit buttons have come in, and will be distributed to the members as soon as their dues are paid.

The symbol on the button is a pom-pom and a megaphone on red background with black lettering and black designs.

About 12 Stritch seniors applied for the Youth Leadership Contest sponsored by the Elks National Foundation.

They will be judged on leadership, citizenship appreciation, perseverance, resourcefulness and sense of honor, neatness and arrangement of brochure, and compliance with instructions given.

The contest offers \$11,7000 worth of prizes.

Nietta Gwinn, junior, won first prize of \$15 in the annual Christmas card drive. Other winners were Pat Perlaky, junior, \$1; Cindy Reeves, sophomore, \$5; and Petra De Hayes, freshman \$5.

Would you like to develop your charm and voice a little better? Now's your chance.

Miss Margaret O'Brien, from Margaret O'Brien charm school, will be here to speak to the FBLA on Jan. 13.

Commercial 25th?

Every year in December, Christmas season rolls around and every year in December someone mentions how "commercial" Christmas is getting.

This whole business of buying gifts, sending cards, Santa Claus, and decking the halls with boughs of holly is taking away from the "true meaning of Christmas." At least that's what the Christmas-is-getting-commercial advocate says.

Christmas is a personal thing. It can be commercial or it can have a very special meaning, depending on attitude.

The person who dreads picking out gifts and sends cards only out of obligation has a commercial Christmas. The same goes for the person who is happily concerned with only these things.

However, it's very possible that there exists an individual who gives gifts and sends cards out of love because Christmas is the holiday of love. He isn't necessarily being commercial. In his heart he can recall the birth of Christ and celebrate it by showing the love God showed us by sending His Son.

Required reading

At the assignment of a book that must be read by such-and-such a day, a shudder of revulsion passes through the class. Required reading! It's the most dreaded of all dreaded assignments, a plague on the peons. (He who is not aware of the meaning of "peons" might have come across it in his "required reading.")

Why do students have such a fear of reading? If students never read required books they would miss some of the greatest works ever written.

The books that students are required to read reflect the times and attitudes during which they were written.

Students get an insight into the people and emotions of past times. Required reading isn't really so bad if one thinks of how he will benefit from it.

JUDY'S PLACE

Wangler named associate editor; Essence editors place in contests

Merry Christmas to Chris Wangler, staff writer, who has been named Associate Editor of *Essence*. The title carries no extra duties, but is awarded for hard work and a good attitude.

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All-American, All-Catholic

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Should pope or people make Church decisions

by JUDY TARJANYI

This article was prompted by current articles in *Time* and *Look* magazines and a recent discussion in the third period senior world affairs class.

Huanae Vitae, Pope Paul's encyclical on birth control, besides causing quite a bit of controversy, has also brought a problem out into the open. The problem is that of authority—who should make decisions in the Church, the pope or the people?

If the pope rules, will he exist for the Church, to help it and guide it? Or, will he be absolute? That is, will the Church exist for and bow to him?

Many people feel *Huanae Vitae* is an example of the pope's absolute power. They object to his decision because it was made without their having a voice in it.

Father John Thomas, Stritch religion teacher, says there are historical reasons for the pope's degree of power. In the past the pope needed this power to end the evil of lay investiture. However, he does feel that the "total community," pope and people, should decide issues in the Church.

Pat Flanagan, senior, had this to say on the problem, "I think the pope and the people should make the decisions. However, this would be next to impossible because the Church is so large."

Sister M. Eucharista, English teacher, said, "Of course the pope has the authority to safeguard the Faith, and the faithful have the obligation to live by his prayerful pronouncements. Men who love God do not use obedience as an excuse for inaction, and they do not seek freedom to pursue empty pleasures. They manage to lead meaningful, active, obedient lives. Unfortunately, other men make more noise."

Cindy Tudico, junior, feels the subject of birth control and others like it should be left to the discretion of the people under the guidance of the pope.

A solution to the problem? Some say let's call a council of the "whole Church." Others are talking about the pope retiring.

A recent article in *Look Magazine*, "Should the Pope Retire?" suggested two alternatives: "a return to an absolute monarchical papacy . . . or a modified constitutional papacy, marked by fixed terms of office . . ."

Is it time for a change? The Catholic Church has been called one of the most stable structures in the world. If the dissent within it is as great as reports seem to indicate, the so-called stable structure may fall. Or, if the dissenters are only a minority who "make more noise," and the public is getting only the bad side from the news media, then perhaps the Church isn't in as much trouble as we think it is.

Think you've got it rough?

Filipino, German exchange students discuss, contrast school curricula

by ERNESTO TATAD

"Down from the hill, between the earth and sky, remembering still how the bright blue eagles fly . . ." This was my school Alma Mater.

I can still remember the routine during the school week: Up at 6:00. 8:15—The bell rings and within less than a minute, the students are at attention while the Philippine National Anthem is played through the intercom, followed by our morning prayers and offerings.

The day rolls smoothly with each subject-period consisting of forty minutes and a five-minute break between periods.

The first forty minutes are used for study hall, guidance, group discussions, or an assembly at our covered courts.

Philippine History, government, social studies, and geography are required subjects for a Filipino student. The study of Filipino, our national language, is also required.

Other strict requirements by the government's Bureau of Education are Physical education and PMT (Preparatory Military Training). On the other hand, the school encourages students to take extra-curricular activities. Dismissal time is often at 3:30 p.m. Other students stay an hour after dismissal for PMT drill, for phys. ed., or for an activity meeting.

Just as it is at Stritch, the day never ends at dismissal. The students are given more freedom and the teachers appear as advisors "to help the students help themselves." Thus, the students do their own planning for a fair, a dance, a class party. And one finds them working out their plans after school.

At home I worked on the paper staff. At present, our school paper has won three consecutive first places from the Columbia Scholastic Press Association. This was my pride.

by PETER BRUENGER

How would you like to go to school every morning at 7:35 and start with a sing-out? Maybe then you would like to experience a German high school as an exchange student next year.

From the questions I was asked by Stritch friends, I realized that American students are interested in hearing more about German schools. Therefore, I want to explain what it is like to go to my high school in Germany.

Every morning I have to be at school at 7:35 for a sing-out which is supposed to wake us up.

Officially, classes begin at 8 a.m. without a homeroom before and without time to do the rest of your homework. The periods last for 45 minutes and we have six of them a day, from 8 a.m. to 1:30 p.m., including lunch and 5-minute rests between periods.

My class consists of 18 students and we always stay together for every period. All students take the same subjects; they cannot choose favorites. They have to take all subjects the school offers, including two foreign languages.

In Germany, I took the following subjects: German, English, French, math, biology, chemistry, physics, geography, history, government, music, Glee Club, orchestra, art, sports, and religion. These classes are spread over the whole week.

Every three weeks there are tests in those subjects. These tests often take five or six hours. On such days one has no other classes. The tests don't only cover the material of the last three weeks; the main point is to determine whether one can apply what he has learned.

I think one can realize that the American and German school systems are basically different. Even so both systems have their advantages and disadvantages.

by JUDY TARJANYI

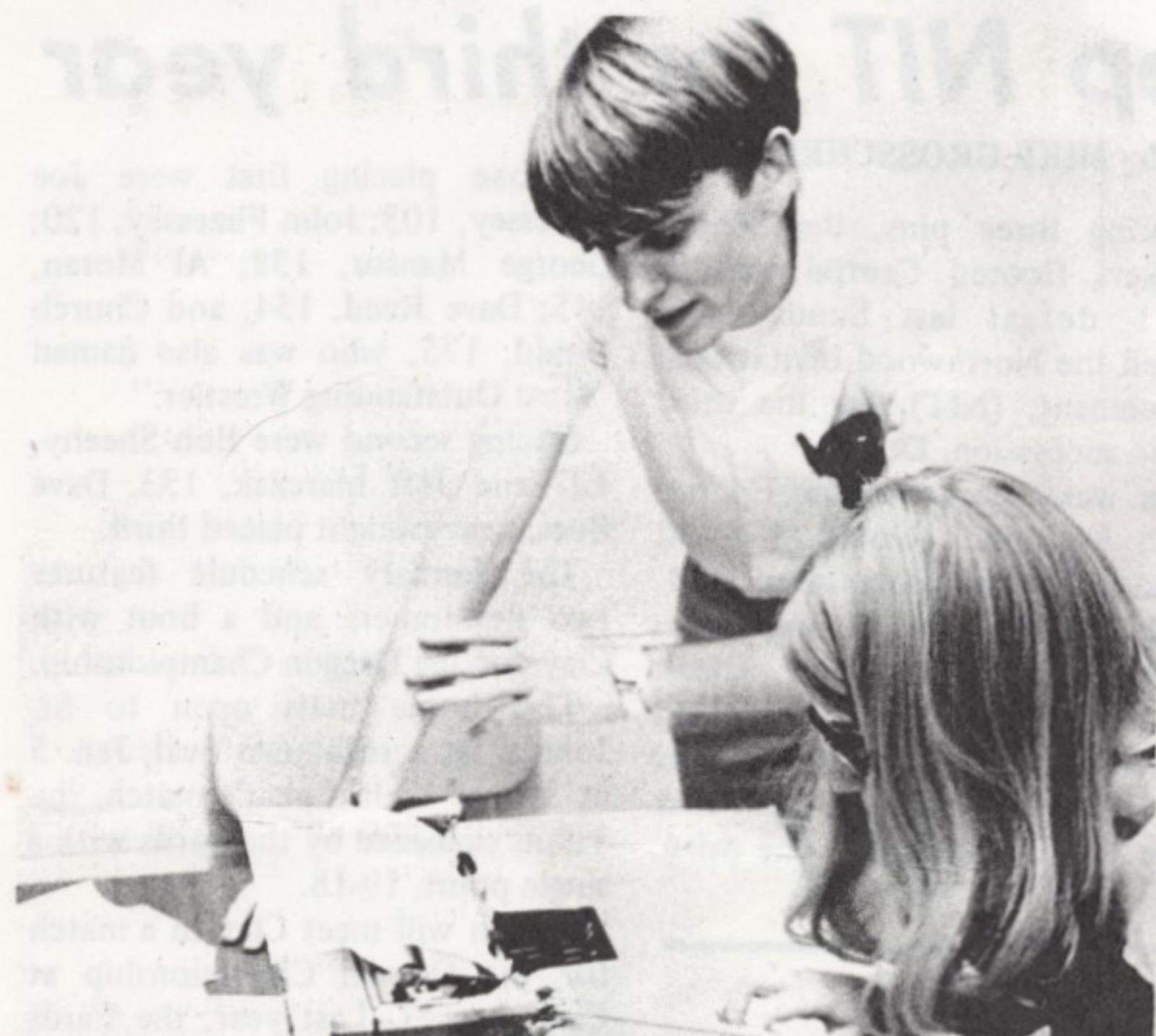
Congratulations go out to Joyce Harvey, news editor, and Ann Hofbauer, feature editor. Joyce won the Voice of Democracy Contest, Dec. 5. Ann took a third place in the annual "Make it Yourself with Wool" contest sponsored by Seventeen magazine, Saturday, Dec. 7. She made a mini coat and an A-line skirt of gold wool, with a matching tam. She completed the outfit with a yellow blouse and print ascot.

A reminder from the guidance office to seniors—see Mr. LaBuda or Mr. Reilly about college applications before it's too late. Many colleges require applicants to apply before the second semester.

Joe Abraham, *Essence* photographer and staff writer, was shot down in the line of duty. On his way to the printer one day he was caught speeding.

Kubda Clark? Pete Lolasinski? Duzy Smith? What is this? It's the way Sister Carol Ann's Typing I class spells Linda Clark, Pete Kolasinski, and Suzy Smith.

The deadline



The Essence staff is pictured here, hard (hardly) at work, putting out another issue of the newspaper.

Fashions for him

Bold patterns, bright colors sign of fashionable dressers

by MIKE HENNIGSEN

With all the fashionable dressers in this school, Stritch students must prefer this type of garb.

Starting the suit scene we can't overlook the traditional natural shoulder. Today's high school man displays his casual character best in a three-button, windowpane plaid sport jacket, a matching vest, and contrasting slacks. Bolder patterns and sprightlier color tones for the new Norfolk jackets . . . an elegant topping for patterned pants. If suits or jackets aren't your bag, try wearing a vest.

In the line of pants points, corduroy comes on strong as a pants fabric, available in horizontal and diagonal ribbing as well as the usual vertical rib. Hopsack is another fabric favorite in dress pants and in jeans models.

Dress shirts are now dressier and tapered for a close-to-the-body fit. Brash stripes over an aggressive solid color always look hard.

Along the way of knits we have

Arrival of class portraits confirms most expectations

by SHIRLEY REISNER

For most underclassmen, Tuesday, Nov. 26, began as any other school day might begin. But for those who attend their morning classes enshrouded in a cloud of sleepiness came the jolt of being knocked out of this semi-conscious state by nine o'clock.

What befell these unsuspecting students that so aroused their senses? Pictures!! This was the day—the fulfillment of their expectations!

Some couldn't care less and dreaded to think of the moment when they would have to open their envelopes. But for most it was an anxiously awaited day. Excitedly they ripped open their envelopes and the comments and criticisms flew.

"Oh, they're darling!"
"Lemme see!"
"Why didn't you smile?"
"Oh, gimme one."

Then came the cutting apart and exchanging of pictures among fellow classmates. This was a time of bravery for the shy freshman who had taken all study hall to gather enough courage to ask the

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by JOYCE HARVEY and ANN HOFBAUER

The *Essence* deadline is a headache; but the *Essence* deadline with two ten-inch holes is an Excedrin headache.

There you sit, reading this paper, not fully realizing the wasted paper, broken pencils, empty pens, and jammed typewriters that are sacrificed for each issue. Just to show you what we mean, we will take you back to the night before the Excedrin deadline.

A tourist was passing through the journalism room and happened to catch some of the comments tossed out as the *Essence* staff was busily working on Excedrin headache number 69. Get this:

Our industrious editor was head to say,

"What in the *+ are we gonna put in the ears?" (For those of you who don't know what ears are, look at the top of page one.)

A "helpful" staff member proposed,

"Wax in one and beans in the other."

Other incoherencies heard were:

"Where's the comma?"
"It's down on the bottom row next to the M."

Grads work in journalism; further careers in writing

by CHRIS WANGLER

Writing must come naturally to Barb Jankowski, Georgia Smith, and Barney Beins, all '68!

Barb Jankowski, last year's *Essence* managing editor has decided to make meeting deadlines a full time job. Besides majoring in journalism at the University of Toledo and working on the school paper, *The Collegian*, Miss Jankowski is the editor of a vocational newsletter, "Maybe I'll Follow."

The newsletter is sent to any sixth, seventh, or eighth grade student who requests it. It is also received by some priests, religious,

and lay people in the diocese.

How does Miss Jankowski feel about all this work? "It's tremendous experience and affords me the opportunity to employ much of my journalism knowledge, since the work entails many phases of journalism such as make-up, headline writing, copy reading, picture cropping, and paste ups."

Georgia Smith has been elected editor-in-chief of the '69 yearbook, *The Executive*, at Davis Junior College of Business.

When asked about her plans, Miss Smith replied that she and her staff expect to break set precedents.

The Executive, which covers Davis Business College, Automation Center, faculty, students, organizations, and basketball games, will come out in October 1969.

Miss Smith won a scholarship to Davis last year for a five semester course.

Barney Beins, *Essence* news editor last year, is a reporter for *The Student*, the school paper at Miami University. As a freshman, he has already been given by-lines (the writer's name with the story) and his name is included in the mast (the list of the staff of the paper).

So, you see, some people really can write!

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"What are the margarines (margins)?"

"Well, there's Blue Bonnet, Chiffon, Imperial . . ."

"That's a Bozo no-no."

"There's two holes on my crummy page. What am I gonna fill two holes with?"

"You could combine them and make one hole."

"If the paper comes out with two holes in it, you better pick one and crawl into it."

(For the same group which didn't know what ears were, a hole is an empty space in the paper cause by irresponsible staff writers.)

Words aren't the only sounds heard at this time. Adding to the

list of sounds are growling stomachs, yawns, anguished cries from frustrated headline writers, and dramatic readings of the first sentence in an editorial, all to the accompaniment of Mr. K. advisor, beating out Christmas carols on the top of the filing cabinet.

Now that you know all that the dedicated staff goes through to get the paper out, you can understand how that little mistake wormed its way into the issue, and realize that it ain't all as easy as you may have heard.

But we wouldn't trade our positions for anything.

Religion department appeals to students

by JOYCE HARVEY

"Putting God first, keeps us first."

"Love makes the world go round."

"Take a sad song and make it better."

These are a few of the themes of the banners that Reverend John Nowak's Senior classes have made. The banners were made of burlap with letters and pictures pasted on.

The purpose of the banners was to give the students a chance to put God's words into their own and make them more meaningful to themselves and others.

A new addition to the religion program was the Thanksgiving Mass in the cafeteria on Thanksgiving morning for parents or students.

As Reverend Robert Donnelly walked in to say the Mass, one could not help noticing his vestments, which were bright green with patches of black and white.

Approximately 340 people attended the Mass which, because of its success, will be held again next year.

The TEC (Teens Encounter Christ) retreats have become an important part of the senior religion classes. Last year there were only three retreats, while this year there are and will be about nine. The next one for the boys will be in January, and for the girls in February.

In some of the religion classes the students have been divided into groups. Each group picked its own name, some of which are: "The

Bozo No-No's"; "Beeper's Buddies"; and "The Lord's Bag."

Obviously the religion department has really put a lot of work into making the course more interesting and practical to the students who have put themselves into the Mass and classroom. They seem to have found out that "Putting God first, DOES keep us first."

Davenport protests costly gas expense

"Ridiculous!"

"The price of gas is utterly ridiculous," protests Rick Davenport, junior.

After his first weekend of driving Davenport has concluded that 39.9 cents per gallon is an outrageous price to pay to keep his car on the road.

"A gallon of gas just doesn't last in a four barrel carburetor," Davenport added. "Watching the gas gauge needle sliding to E is a painful sight."

His green '56 Ford is a "bad unit" and it's also hard on gas.

He feels he has several alternatives. He can replace his four barrel with a two barrel, stop driving, or find a way to run his car on water!

While pumping gas at his part time job, he doesn't mind the high price, for his pay partly depends on it.

Davenport has decided to keep driving and stop thinking about the money.



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Grapplers led by experience

Using his high school and college experience in wrestling, Mr. Pat Reilly is heading Cardinal Stritch's wrestling team for the fifth year.

He graduated from Central Catholic High School in 1959 and from the University of Toledo in 1964 with a bachelor's degree in Education, and in 1968 with an M.A. in Guidance.

At Central he was active in both wrestling and football.

In 1958 and 1959, he won the title of District Wrestling Champ in the 145-pound weight class. He was on the All-City football team his senior year.

During his junior and senior years in college, he was Conference Champ in the 144-pound weight class and captain of the squad his senior year.

While working on his M.A. in 1964, he was assistant wrestling



Stritch varsity wrestlers await the announcement of their victory at the Northwood Invitational Tournament.

coach at T.U. In his first 3 years at Stritch he taught American History and is now in his second year as guidance counselor.

Mr. Reilly has been married five years and has two sons: Tim, 2; and ff, 4.

SPORTS

Parsil breaks all-time scoring record; leads team with 21 point game average

by COLLEEN CASHMAN

Jack Parsil, senior, tallying 31 points at the Port Clinton game smashed the all-time scoring record of 28 points a game previously held by John Opial '67.

Parsil now leads the team scoring with an average of 21 points per game.

The Cagers now holding a 2-3 record will meet the Fighting Irish of Central Catholic tomorrow night on Stritch's home court.

Ron Zak, varsity coach stated that the Stritch Cagers are meeting the hardest part of their schedule now.

The upcoming schedule for the Cards includes Waite, Dec. 27 on the home court. The Indians have lost to Libbey and won against DeVilbiss and Tiffin Calvert. Bob Wilson and Ben Carter, Seniors are high scorers for Waite.

The Cards will meet the Comets Jan. 4, at Genoa. Don Mathews and



Senior Jack Parsil (40), towers over opponent, in a jump-shot attempt.

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Matmen defeat Central cop NIT for third year

by MIKE GROSSCHEDL

Scoring three pins, the Stritch grapplers floored Central with a 30-11 defeat last Sunday and copped the Northwood Invitational Tournament, (NIT), for the third year in succession, Dec. 7.

Pins were scored in the Central match by Chuck Gould, 175; Al Moran, 145; and Dave Reed, 154.

Joe Fuzessey, 103 and John Fuzessey, 120 won in their classes.

In the NIT, the Cards dominated the majority of the weight classes and came home with six first places, two seconds, and one third.

Those placing first were Joe Fuzessey, 103; John Fuzessey, 120; George Mansor, 138; Al Moran, 145; Dave Reed, 154; and Church Gould, 175, who was also named "Most Outstanding Wrestler."

Placing second were Bob Sheehy, 127 and Jeff Marczak, 133. Dave Boes, heavyweight placed third.

The January schedule features two newcomers and a bout with Clay for the Oregon Championship.

The home mats open to St. John's, an across-town rival, Jan. 5 at 3 p.m. In last year's match, the Titans squeezed by the Cards with a single point, 19-18.

Stritch will meet Clay in a match for the Oregon Championship at Clay, Jan. 7. Last year, the Cards blitzed the Eagles 36-5.

The Cards will host Rogers, a newcomer to the schedule, Jan. 12 at 3 p.m.

Parma Padua, another newcomer, will meet the Cards at home Jan. 17 at 7:30 p.m. Parma Padua was ranked in the state during the '67-'68 season.

The grapplers travel away Jan. 25 to challenge Columbus DeSales to a duel.

Stritch will play host to Bedford Jan. 28, at 7 p.m. The Cards fell to the Mules in last year's match by a score of 25-14.

PENALTY BOX

From mighty to mini

by DAVE GROSJEAN and MARGIE OKENKA

From 3100 calories a day to 1600 calories a day, then from 175 lbs. to 174, 173½, . . . until finally down to 154 lbs.

Those skinny-looking, undernourished, famished stick men you see walking around the halls are our dedicated wrestlers.

Since Nov. 1 the good old times of gorging themselves has been a forgotten thing. While our Thanksgiving dinners consisted of an over-stuffed turkey and all the trimmings that go along with it, their dinner was made up of one big delicious ice-cube stuffed with ice, and ice, and more ice.

On the average, every varsity wrestler has had to loose 15 lbs. to make weight.

The scale in the locker room can prove to be friend or foe. The first time on the scale is the most painful. It forces each of them to face the harsh reality that they must lose between 15 and 20 lbs.

Now the sweating begins!

Push-up after push-up, sit-up after sit-up, lap after lap, and then that dreaded walk to the scale. Oh well! At least they are 3 lbs. closer to their goal.

The days crawl by, then weeks, and finally that glorified day when they find out that they have reached their destiny. They make the weigh-in.

Now there's a mad rush to the kitchen to gorge and stuff themselves until they can't move.

The hour of the match arrives and it proves to be worth the sweating as the Cards come out on top once again.

In our opinion only the most spirited and dedicated men would make this sacrifice for their school.

JV's beat Perkins, Knights

Opening their season on an even pace, Stritch's reserves have a 2-2 record with victories over Sandusky Perkins and St. Francis.

The reserves opened up their season Nov. 22 with a 35-31 win over Sandusky Perkins. Bob Brown was the high scorer in the game with 15.

A late rally fell short as Macomber handed the JV's a 46-44 loss. Bob Brown scored 14 points

Long, arching shots falling cleanly through the nets, ball-handling rivaling the Globetrotters, fast, exciting action. A pro basketball game? No, just Miss Jeaninne Sheibley's sophomore girls' phys ed basketball tournament.

The classes have completed their tournaments with these results: Pam Schwartz's, 3rd period class team defeated Colleen McIlhargey's, team by a 6-1 score.

Team members are Kathy Miller, Linda Leonhardt, Cindy Reeves, Kathy Mehlman, Chris Vascik, Laura Masserant, and Cathy Phillips.

During the 5th period class, Stephanie Duwe's team took the championship by defeating Rosemary Herr's team by a score of 15-6.

Team members are Linda Clark, Rosie Perlaky, Pam Summers, Elaine Kamann, Carol Sienawski, Wendy Langenderfer, and Kara Harris.

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